Nutrition Education Lesson First Grade (TL-1-1)				
Nutrition constructs	This lesson is designed to increase students' knowledge of the health benefits of vitamins C and A and the foods that of	contain them.		
Iowa Core	21 st Century Skills: K-2 Health Literacy - Practice healthy behaviors - Identify healthy foods			
Supplies	Physical Activity Card Set (provided), paper, crayons, paper plates	Time	40-45 minutes	
needed Before the	Ensure the MyDiate poster is displayed in your electroom (provided by putrition educator)	required		
lesson	Ensure the MyPlate poster is displayed in your classroom (provided by nutrition educator). Write the following lists on the board, an alternative would be to show pictures or models:			
1033011	Vitamin A: spinach, sweet potato, carrot, cantaloupe			
	Vitamin C: kiwi, peppers, oranges, papaya, strawberries and broccoli			
Lesson	1. Begin this lesson by doing a few minutes of physical activity with your students. Choose an activity from the p	aw students' attention to the MyPlate poster and discuss how MyPlate shows us that half our plate should be fruits and vegetables. Ask		
	2. Draw students' attention to the MyPlate poster and discuss how MyPlate shows us that half our plate should students to share which fruits and veggies they like to put on their plates. <i>Children respond</i> .			
	important to eat a lot of different fruits and veggies. Two important vitamins are vitamins A and C. Vitamin A			
	Tell students their immune system keeps them from getting sick and helps their body heal when they get a cu system is very important to keeping us healthy.	t or scratch. T	he immune	
	4. Instruct students in creating some super heroes that are powered by vitamins A and C. The super heroes eat h strong and in fact, they give them super powers. Refer students to the lists of foods on the board that contain student will draw a super hero and give them a name. Then show what kinds of foods the super heroes eat.	ain vitamins A and C. Each		
	5. Distribute a piece of paper to each student for them to draw their super hero. Remind students that the super hero's powers should be the ones we get from vitamins A and C (remind them about the benefits listed in #3 above).			
	6. Once all students have finished drawing have several students share how Vitamin A and C power their super h	iero.		
	7. Distribute a paper plate to each student. Now we're going to create a plate that shows how our super heroes foods with vitamin A and vitamin C that your super hero would need to eat to stay strong. (Refer to lists on the		y plate. Draw the	
	8. As a follow-up, help students identify foods containing vitamins A and C as you review the lunch menu in the them that half of their plate should be fruits and veggies. What are the offerings each day to help students ac		Also, remind	